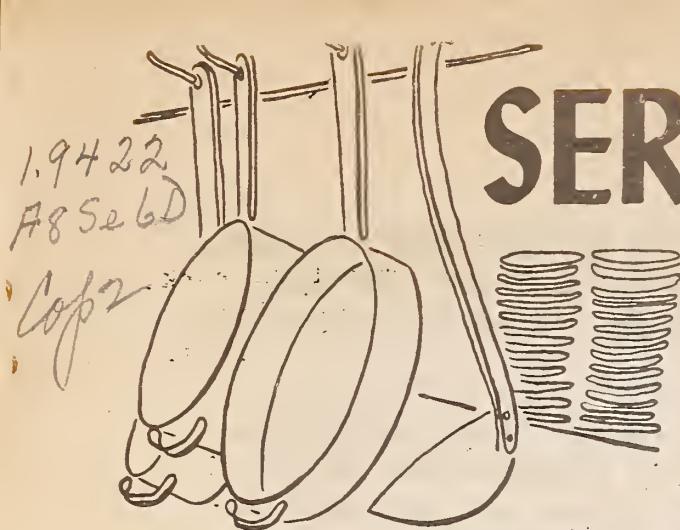


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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ABUNDANT FOODS

News from the February food front is good because several popular foods are abundant. Some of these foods which will interest industrial feeding operators are oranges, white potatoes, eggs, tom turkeys, cabbage, rolled oats, carrots, grapefruit and lettuce.

Oranges and white potatoes are plentiful in producing districts and adjacent states. Transportation facilities are limited for perishable foods so distribution to states a considerable distance from the growing areas may restrict supplies in some markets.

USING CITRUS FRUITS IN INDUSTRIAL FEEDING

The National Research Council's Food and Nutrition Board and Government and private nutrition surveys indicate American workers' dietaries often are deficient in ascorbic acid (Vitamin C). These surveys show that nearly one-half the employees in certain plants consume less Vitamin C than the 75 milligrams per day advocated in the National Research Council's dietary allowances.

One of the reasons many workers eat too little citrus fruits and tomatoes is that too many of them go to work without breakfast or with an inadequate breakfast. Others drink a hot beverage and eat toast, sweet rolls or doughnuts and believe they are well nourished.

Of course, this is not true because breakfast for an industrial worker should include a citrus fruit, citrus fruit juice or tomato juice as a beginner...one or two eggs...whole-grain or enriched cereal...and whole milk.

Just how much a worker eats depends on how far he has to travel to work, and how hard he must work on the shift. Dietitians and food service managers in industrial plants should keep plugging for better breakfasts for workers (and themselves).

The National Research Council's report on "Inadequate Diets and Nutritional Deficiencies in the United States" in 1943 contains the statement that unless citrus fruits and citrus fruit juices are consumed at breakfast the diet is likely to be deficient in Vitamin C.

This should challenge industrial dietitians and managers to: Serve breakfasts when possible...provide chilled citrus fruit juices and tomato juice at the cafeteria counter...supply oranges, tangerines and grapefruit at the snack counter...plan fruit salads containing citrus fruits...and serve desserts made with citrus fruits and juices, frequently.

In other words, you should help the worker get Vitamin C at the plant if he doesn't get his allowance at home.

Remember that whole tomatoes, canned tomatoes and tomato juice are excellent sources of Vitamin C and they contain about one-half as much ascorbic acid per 4-ounce unit as oranges and grapefruit.

Use tomatoes freely, fresh and canned, as a vegetable, in salads, as an appetizer, in sauces and as a flavoring for other food dishes. Cabbage also is a good source of Vitamin C, so are salad greens.

During the war, the English gave Vitamin C the popular name of "the fitness vitamin," because it is essential to strong bones and teeth, healthy gums and general body fitness. They imported close to 100-million gallons of concentrated citrus juices for mothers and children.

The recipes and menus for special lunches this month suggest ways of using citrus fruits, tomatoes and cabbage for workers' meals.

PLENTIFUL FOODS FOR FEBRUARY

Eggs will be freely available in February throughout the country, and especially in the southwest. Use them in main dishes, salads and desserts. Some suggested ways of using them are included in the Special Lunch Menus.

Cabbage will be universally plentiful this month. It is a relatively inexpensive food, so use it in salads and uncooked relishes, such as "Philadelphia Relish" and as a cooked vegetable.

Steamed cabbage with lemon-butter or margarine and "Creole Cabbage" with tomatoes, onions and green peppers are "different" flavor treats. Recipes for these may be found in your files of "Serving Many" - April and September 1945 issues.

By the way, do you clip and mount these recipes or copy them on your recipe card file?

Rolled oats are abundant and a very inexpensive food. Try using them in cookies, muffins, oatmeal bread and as an "extender" and binder in meat loaves and patties, instead of bread crumbs. A recipe is in this issue for "Oatmeal Squares", a delicious cookie.

If tom turkeys are abundant in your area, consider serving at least one more "turkey special" before winter turns into spring.

SPECIAL MENUS FOR FEBRUARY FEATURING ABUNDANT FOODS

This month's menus suggest ways of using many of the abundant foods. Recipes for the foods identified with 2/ can be found in "Making the Most of Meats in Industrial Feeding" while those with 3/ can be found in "Saving Sugar in Industrial Feeding."

1	2
Braised beef with tomatoes and onions <u>2/</u>	Cream of tomato soup with crackers
Creamed potatoes	Stuffed egg salad garnished with carrot sticks, green pepper rings
Raw vegetable salad (green pepper rings, shredded carrot, turnip slices, leaf lettuce)	Whole-wheat muffins with butter or fortified margarine
Enriched bread with butter or fortified margarine	Gingerbread with warm apple sauce
Ice cream or sherbet	Milk or other beverage
Milk or other beverage	
3	4
Lamb stew (with carrots, onions and potatoes) <u>2/</u>	Pot roast with brown vegetable gravy <u>2/</u>
Diced oranges on cabbage and green pepper slaw	Steamed potatoes
Whole wheat bread with butter or fortified margarine	Brussels sprouts
Sponge cake with rainbow icing <u>3/</u>	Enriched bread with butter or fortified margarine
Milk or other beverage	Canned fruit with oatmeal squares
Milk or other beverage	Milk or other beverage

5	6
Citrus fruit juice Meat biscuit roll 2/ Buttered spinach or other greens with hard-cooked egg slices Whole wheat bread with butter or fortified margarine Ice cream Milk or other beverage	Fish cakes with egg sauce 2/ Parsley buttered potatoes Tossed green salad with French dressing Cornbread with butter or fortified margarine Orange chiffon pie Milk or other beverage
7	8
Meat pie 2/ Parsley buttered cauliflower Mashed potatoes Pickle relish Enriched bread with butter or fortified margarine Orange or lemon chiffon pudding Milk or other beverage	Cheese souffle 2/ Buttered broccoli Baked potatoes Whole wheat bread with butter or fortified margarine Chocolate layer cake with vanilla cream filling Milk or other beverage
9	10
Swiss steak 2/ Creamed potatoes Baked Hubbard squash Whole wheat bread with butter or fortified margarine Chilled soft custard over diced oranges 3/ Milk or other beverage	Baked fish with lemon slice Parsley buttered potatoes Steamed cabbage with parsley butter Whole wheat bread with butter or fortified margarine Pumpkin pie Milk or other beverage
11	12
Roast pork shoulder with apple dressing Mashed potatoes with gravy Green beans Rolled oat muffins with butter or fortified margarine Fresh fruit cup (orange, pears and grapefruit) Milk or other beverage	Boiled tongue with horse radish sauce Scalloped potatoes Buttered frosted peas Enriched roll with butter or fortified margarine Ice cream with tutti-frutti sauce (include orange) Milk or other beverage

13	14
"Porcupine" meat balls 2/ Lyonnaise potatoes Tomato aspic with diced celery and chopped green pepper Enriched bread with butter or fortified margarine Chocolate blanc mange Milk or other beverage	Fried liver Scalloped potatoes Shredded carrot and cabbage salad Enriched bread with butter or fortified margarine Orange custard Milk or other beverage
	15
	Scrambled eggs with bacon 2/ Creole cabbage Hash browned potatoes Whole wheat bread with butter or fortified margarine Deep dish apple pie (try a few drops of lemon juice with the winter apples) Milk or other beverage

CLEANING REACH-IN REFRIGERATORS

Efficient refrigeration depends on good circulation of cold, dry air. Maintaining the fine flavor of foods stored in the refrigerator results from assembling foods in the proper variety in a single unit.

For example, dairy products should not be stored in the same box with highly flavored fruits, such as cantaloup. Fish and spiced smoked meats should be kept away from mild-flavored foods such as cut butter, cottage cheese and cream.

Strong-flavored foods should be wrapped or covered. Fluid foods should be stored in covered containers.

1. Keep the walls of compartments dry by placing food supplies so as not to interfere with the cold air circulation. The warm air must rise to the top and the cold air must fall toward the bottom of the chamber.

2. Place foods needing lower refrigerating temperatures on the lower shelves of the ice box and those requiring a higher storage temperature on the upper shelves. For example, milk, butter, cheese and meats should be stored in the coldest part of the compartment.
3. Avoid overloading the food compartments. Keep foods covered. Wrap exposed surfaces of fruits and vegetables and cheese in waxed paper.
4. Leave enough room between foods to allow for a free circulation of air.
5. Do not allow ice box doors to remain open longer than the time required to remove or store foods.
6. Maintain a constant temperature in the refrigerator by defrosting the pipes regularly. They should be defrosted whenever as much as one inch of ice collects on the pipes.
7. Clean defrosted pipes and refrigerator shelves and walls thoroughly before the refrigerant is turned on again.
8. Remove the shelves and wash in neutral soap suds cleaning with a stiff brush. Rinse thoroughly in clean hot water and dry before replacing them.
9. Flush drains thoroughly with a hot solution of washing soda and water to clean and sweeten them.
10. Keep power belts in alignment to avoid friction and wearing. Check them daily.
11. Arrange for regular draining and flushing of the oil pump. Refill it with fresh oil.
12. Oil the moving parts regularly but do not let the oil come in contact with leather or rubber parts.
13. Request regular maintenance of motors because dirty motors have less power.
14. Clean condensers once a week using a stiff brush.
15. Repair door gaskets as soon as they show signs of wear, so that doors will close tightly.

RECIPES USING ABUNDANT FOODS

Orange Chiffon Pie

Ingredients	A M O U N T S	
	100 Portions	500 Portions
	15 Pies X 7	72 Pies X 7
Plain granulated gelatin	1 cup	5 cups
Cold water	1 quart	5 quarts
Eggs	60 (5 doz.)	240 (20 doz.)
Granulated sugar	7 pounds	35 pounds
Orange juice	2 quarts	10 quarts
Lemon juice	8 ounces	1-1/4 quarts
Grated orange rind	1/2 cup	3 cups
Grated lemon rind	1/2 cup	2 cups
Salt	1 ounce	4-1/2 ounces

Size of portion - 1/7 of 10-inch pie

Method:

1. Separate egg whites from yolks.
2. Soften gelatin in cold water.
3. Beat egg yolks until light and add half of the sugar and the salt and lemon and orange juices. Cook over boiling water or in a pastry kettle until of custard consistency. Add gelatin and grated fruit rinds to custard and stir until combined. Cool.
4. When the mixture begins to thicken, fold in the egg whites whipped to a meringue with the other half of the sugar.
5. Fill baked pastry shells or graham cracker crusts.
6. Top with thin layer of whipped cream if desired.

Baked Orange Custard

Ingr edients	A M O U N T S	
	100 Portions	500 Portions
Milk	8 quarts	40 quarts
Eggs	36 (3 dozen)	180 (15 dozen)
Sugar	2-1/2 pounds	12 pounds
Orange juice, strained	1 quart	5 quarts
Lemon juice, strained	3/4 cup	1 quart
Grated orange rind, lightly grated	2 tablespoons	1/2 cup
Salt	1 ounce	5 ounces

Size of portion - 4 ounces

Method:

1. Grate orange rind lightly, taking off only the colored part and none of the white.
2. Prepare and strain the orange juice.
3. Beat the eggs until mixed, add the sugar, orange and lemon juice, rind and salt and continue beating until blended.
4. Combine the milk with the egg mixture and pour into custard cups. Place cups in baking pan surrounded with hot water.
5. Bake in a slow oven at 300° F. for 50 minutes to 1 hour or until a silver knife blade inserted in the center comes out clean.

Oatmeal Squares

Ingredients	A M O U N T S	
	100 Portions	500 Portions
Fat (cooking fat or poultry fat or clarified drippings)	8 ounces	2 pounds, 8 ounces
Granulated sugar	1 pound	5 pounds
Eggs	3	15
Sour coffee cream (or sour whole milk)	12 ounces 1/	1-3/4 quarts
Maple flavoring	1-1/2 teaspns	1 ounce
Flour, pastry or cake	1 pound	5 pounds
Salt	1/2 ounce	2 ounces
Baking soda	1/2 ounce	2-1/2 ounces
Cinnamon	1 tablespoon	1 ounce
Dry sifted bread crumbs	4 ounces	1 pound, 4 ounces
Rolled oats	10 ounces	3 pounds
Raisins, washed and patted dry	1 pound	5 pounds
Nuts, walnuts or pecans, chopped	3 ounces	1 pound

1/ If sour whole milk is substituted for sour cream, increase the fat to 14 ounces.

Yield - About 6 pounds batter making approximately 1-1/2 dozen cookies per pound or 6 dozen cookies.

Method:

1. Cream fat, add sugar and maple flavoring and blend until creamy.
2. Beat the eggs until light and add the sour cream.
3. Sift the flour, baking soda, cinnamon and salt twice; stir in the rolled oats and crumbs.
4. Add the egg-milk mixture to the fat alternately with the flour mixture, stirring well after each addition.
5. Mix raisins and chopped nuts and stir quickly into the batter.
6. Spread mixture evenly 1/2-inch deep on a greased baking sheet.

7. Bake in 350° F. oven for from 12 to 15 minutes until delicate brown. Cool partially, then cut into pieces about 1-1/2 to 2 inches square.

THE "BEST BUY" LIST

COLORADO, Denver: cabbage, carrots, cauliflower, celery, grapefruit, Irish potatoes, sweet potatoes, oranges, tangerines; KANSAS: Topeka: oranges, Irish potatoes, cabbage, celery; Wichita: grapefruit, lemons, Irish potatoes, sweet potatoes, cabbage, carrots, lettuce, celery;

LOUISIANA, Baton Rouge: carrots, celery, oranges; New Orleans: potatoes, lettuce; NEW MEXICO, Albuquerque, Gallup and Santa Fe: carrots, cabbage, lettuce, spinach, Irish potatoes, oranges, grapefruit;

OKLAHOMA, Oklahoma City: cabbage, carrots, cauliflower, celery, grapefruit, oranges, Irish potatoes, sweet potatoes; TEXAS, Ft. Worth: Irish potatoes, sweet potatoes, cabbage, carrots, celery, cauliflower, lettuce, grapefruit, oranges; Houston: Irish potatoes, cabbage, sweet potatoes, citrus fruits, greens, celery, rutabagas.

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